Two tomato seeds

By JAMES A. SMITH
Extension Agent

From time to time we'll get trial seed samples of new vegetable releases. This year from Goldsmith Seeds, Inc., there were two new tomato selections-Quick Pick and Big Pick. They are resistant to Verticillium Race I, fusarium Race I and II, Nematode and tobacco mosaic virus.

My observation was that they are also quite tolerant to early blight-at least more so than other varieties that I had. They are thick walled with small seed cavities and very flavorful.

I was pretty high on these new varieties and called Charlie O'Dell, Virginia Tech Vegetable Specialist, for his evaluation. He indicated that on a tomato tour in Dickerson County, the group rated Quick Pick as the top variety for taste and flavor.

* * *

Sam Martin showed me some Burley tobacco that didn't get treated with Ridomil. Plans were to treat the entire crop but he ran short and left a half acre untreated. Blue mold hit the untreated portion destroying the bottom 12 leaves and serious loss to the top leaves. He estimates that he will lose at least $700 because of blue mold.

* * *

The Appomattox Railroad Festival will have a new "twist" this year. A special feature will be competition for the best tobacco twist made from dark, flue and burley tobacco. Details of this contest are elsewhere in this issue of the Times-Virginian. Ribbons are provided by the Virginia Dark Fired Tobacco Growers Marketing Association.

* * *

As printing costs rise and funds become tighter, we anticipate having to charge for some pulications that have traditionally been free.

For many years "Home and Garden Notes" has been a monthly or occasionally a bi-monthly publication mailed from this office. There will be two more issues of this publication. Beginning in January the name will change to "The Virginia Gardener" and will have $3.00 annual subscription. Watch the next issues for subscription information.

* * *

Mildew on painted exterior housing is frequently a problem. The cause is excessive moisture coupled with ventilation. Washing the surface with tri-sodium phosphate and chlorine and repainting with a mildew resistant paint could be the answer.

* * *

Better check corn pickers before harvest times comes. They are dangerous machines that need proper maintenance and adjustments before harvesting begins. A few hours invested now could save days later.

* * *

Cattle producers were pleased with the yearling sale last Thursday. The top price was $67.25. There were 560 steers and 133 heifers. Top steers stayed in the 60's. Heifer prices were 12 to 14c less.

Contest slated

A contest is being sponsored by the Virginia Dark Fired Tobacco Growers Marketing Association to select the most perfect tobacco twists grown in the Appomattox County area. Entries from the counties of Amherst, Appomattox, Buckingham, Campbell, Charlotte, Nelson and Prince Edward are eligible. This contest will be featured October 10 and 11 during the Appomattox Railroad Festival.

The competition will be within types of tobacco: Dark Fire Cured, Flue Cured and Burley.

Twists will be judged on neatness, compactness, aroma and tobacco quality. A twist must weigh a minimum of three (3) ounces, but not more than seven (7) ounces. The entry must be the work of the exhibitor.

A participant may not enter more than one twist of each type tobacco. The entry must be labeled with name, address, county and tobacco type. Entries should be in separate plastic bags in order to maintain condition of the tobacco.

There will be six rosette ribbon awards for tobacco twists from each tobacco type.

It is the responsibility of each entrant to have the twists at the Appomattox County Extension Office by noon on Friday, October 9, 1981.

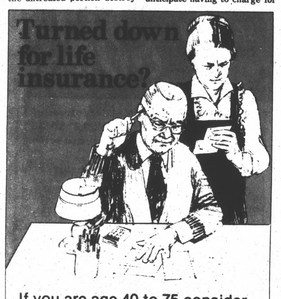
Oakville News

Mrs. Alice Drinkard spent Friday night in the home of Mr. and Mrs. Roland Smith. They seem to be doing fairly well.

Mr. and Mrs. Bob Monigold, Mike, Barbara and Timmy spent several weeks recently visiting relatives and friends in California.

Miss Kathy Marshall visited friends at James Madison University last weekend.

Twenty-six members of Mt. Comfort United Methodist and others took a bus tour over Labor Day weekend, Mrs. Lewis Edward Moore was hostess of the group. They toured Lancaster, (Amish Country). Hershey and Reading Pa. and Baltimore Harbor.



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• XL-102 Presents "BLACK ROSE" in CONCERT — FREE Sept. 25 - 11:00 P.M.
• 1320-WEET Presents "HIGHHITS OF GRASS" — FREE Sept. 26 - 8:00 P.M.
• 1320-WEET Presents LADY J. DALTON SHOW—FREE Sept. 29 - 8:00 P.M.
• 1320-WEET Presents BLUEGRASS JAMBOREE—FREE Sept. 30 - 8:00 P.M.
• WFLS-Magic 99 Presents "THE REDDINGS" in CONCERT Oct. 1 - 8:00 and 8:00 P.M. $2.99 for 6:00 P.M. and $3.99 for 8:00 P.M.

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Good news for homemakers

Health good, says report

By SHIRLEY W. WALTON
Extension Agent
Your Health Has Never Been Better

Are you worried about the state of the economy; the state of the world? Then let some sunshine come into your life because the state of our health is improving.

According to the National Consumer Buying Alert, the U. S. Surgeon General states that millions of us have started to improve our health with encouraging results. For example, there has been a dramatic increase in all forms of exercise, a growing interest in nutrition and a change in smoking habits. Parallel with these changes are such trends as a 22% decline in heart disease since 1968. There has also been a consistent decline in lung cancer deaths among men who quit smoking more than 10 years ago.

To benefit your health the Surgeon General suggests the following:

1. **Eat Sensibly** - Avoid overeating and reduce the amount of fat, cholesterol, sugar and salt in your diet. When you snack, try fresh fruits and vegetables. Now is a good time to take advantage of apples which are in season and an excellent nutritious snack.

2. **Exercise Regularly** - Almost everyone can benefit from some form of exercise and there is some form of exercise that almost everyone can do. As little as 30 minutes of vigorous exercise three times a week will help to improve circulation and tone up sagging muscles. Proper rest is also very important to good health.

3. **Avoid Addictions** - Think twice before lighting that cigarette and taking that extra drink. Take medications only when you have to and if you are not sure, check with your family doctor.

Be Safety Conscious - Think "safety first" at home, at school, at work, at play and on the highway. Buckle seatbelts. Keep poisons and weapons out of reach of children. Keep emergency numbers by the phone.

5. **Learn To Handle Stress** - Stress is an important part of living and when properly handled it need not be a problem. However, unhealthy responses such as driving erratically and drinking too much are destructive and can cause a variety of physical and mental problems.

You can daily keep the state of your health in good shape. Eat sensibly, exercise regularly, avoid addictons, be safety conscious and learn to handle your daily stresses and you will be healthier you.

If you have a homemaking question or problem, you may call us at 352-8244 or write us at P. O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you.

Have a good week!

RECIPE OF THE WEEK
Blueberry Muffins

2 cups unsifted all-purpose flour
½ cup sugar
3 teaspoons baking powder
½ teaspoon salt
1 cup fresh blueberries
1 cup milk
⅓ cup vegetable oil
1 egg, slightly beaten

In large bowl, combine flour with sugar, baking powder and salt. Stir in blueberries. Preheat oven to 400°F. Combine milk, oil, and egg; beat with fork to mix. Make well in center of flour mixture. Pour in milk mixture all at once; stir quickly with fork, just until dry ingredients are moistened; do not overmix. Batter will be lumpy. Spoon batter using rounded ¼ cup measure into greased muffin pan cups. Sprinkle tops lightly with sugar. Bake 20 to 25 minutes. Let cool 3 minutes. Loosen muffins carefully and turn out. Makes 12 large muffins.

ASCS today

Grain program out

By TOM CONRAD
Reduced Program Acreage Announced for 1982 Wheat

Secretary of Agriculture John R. Block recently announced his intentions to implement a 15 percent "reduced acreage" program for the 1982 wheat crop to offset the effects of record supplies and depressed wheat prices.

Program operating procedures will be issued after pending farm legislation is enacted into law.

"Wheat supplies in the United States are 14 percent above last year", Block said. "The carryover next June is expected to exceed 1 billion bushels, the highest level since 1977-78. The reduced acreage program will strengthen prices by reducing the 1982-83 marketing year supplies."

Block said the increase in supplies and decrease in prices is the result of two successive record U. S. wheat crops and a record-setting 1981 world harvest.

The program will be bolutary so producers can decide for themselves, based on market conditions, whether they want to participate. Program benefits, however, will be tied to participation.

Soil conservation will be strongly stressed in this program", Block said. The reduced acreage will have to be devoted to conservation uses."

I would like to remind all farmers who planted wheat in 1981 but did not report the acreage to the ASCS office that they can still do so. By reporting a farmer will receive planted acreage credit and therefore have a basis for any 15% reduced acreage for next year. Evidence of the crop must still be in the field and farmers may need to pay for a farm visit to determine acreage. If you have any questions, please contact the ASCS office.

USDA Announces Advance Rates for 1981-Crop Virginia Fire-Cured Tobacco - Advance rates which producers will receive for Virginia fire-cured tobacco, type 21, will be higher than last year.

The schedule for type 21 Virginia fire-cured tobacco is based on the average level of support of $1.11 per pound, 12.1 cents higher than 1980.

Under the program, only the original producer is eligible to receive loans on the tobacco. The grades, X5L, X5F, X5D, X5M, X5M45, X5G, X5G 45, N1L, N1D, N1GL, N1GD will be supported 10 cents lower than the stated rate if marketed in untied form. No other grades will be supported in untied form.

The average loan rates are determined by statutory formula. Individual loan rates by grades are discretionary, using a 10-year weighted average.

We have all the grades and rates at the ASCS office, and anyone wishing to obtain a list is asked to stop by.

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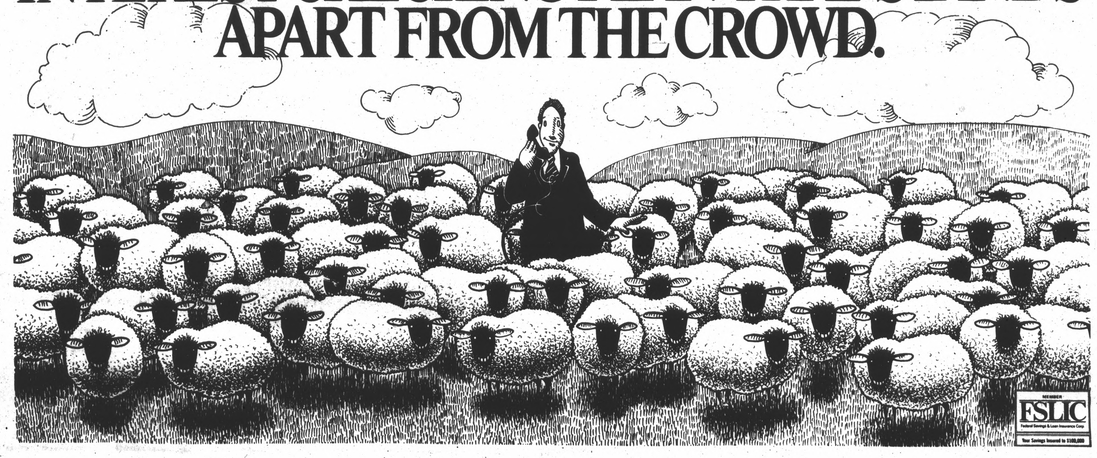

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